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METRO'S MAN IN THE ARCTIC
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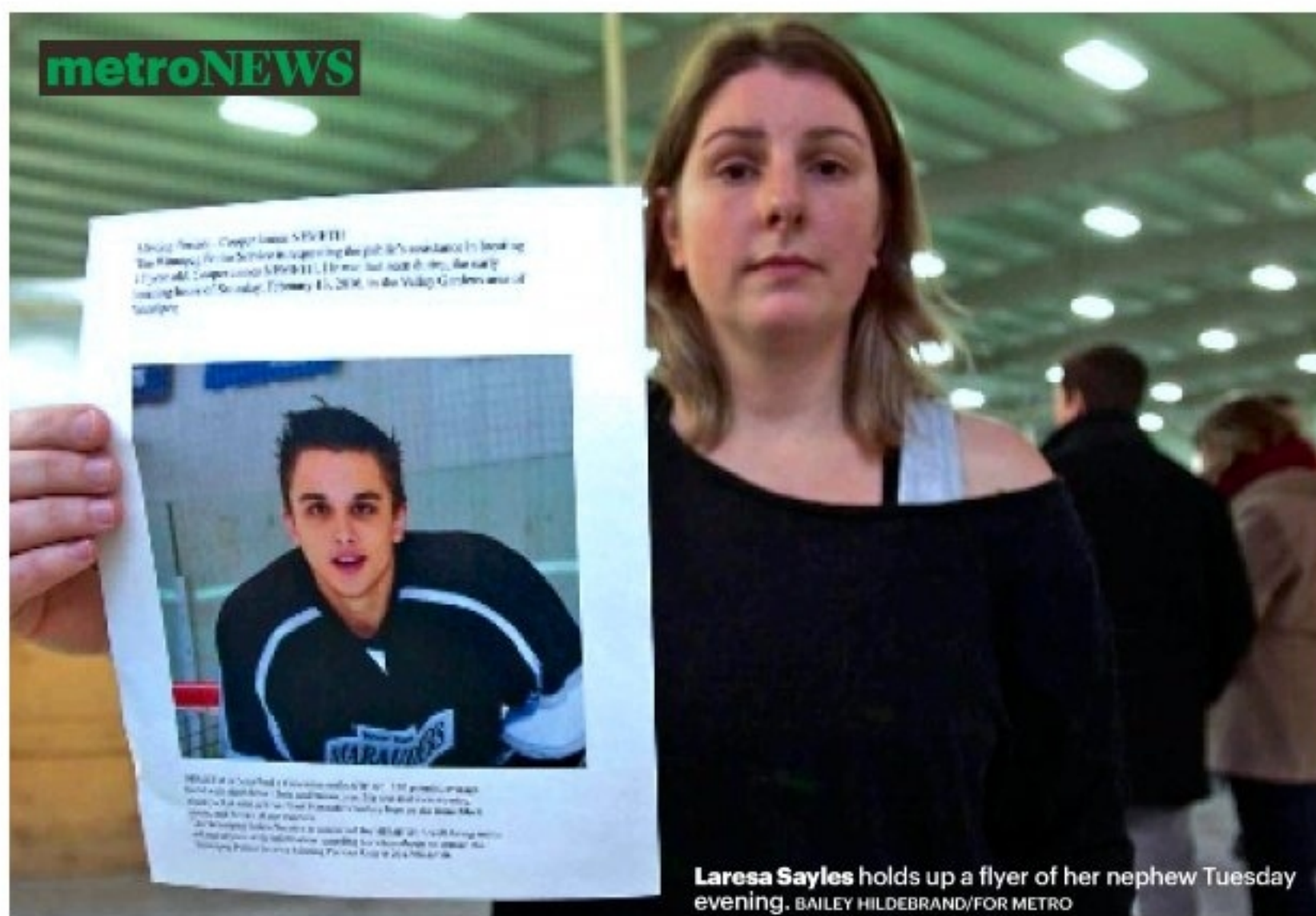


Your essential daily news | **WEDNESDAY, FEBRUARY 17, 2016**

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metroNEWS



Laresa Sayles holds up a flyer of her nephew Tuesday evening. BAILEY HILDEBRAND/FOR METRO

TEEN VANISHES Hundreds search for Cooper Nemeth

Urban reserves one step closer

INDIGENOUS ISSUES

Councillor says economic development zones are needed



Stephanie Taylor
Metro | Winnipeg

Where there's political will, there's a way to build urban reserves, says one local councillor.

Jenny Gerbasi said Tuesday's decision by the property development and downtown heritage committee to task city staff with studying the best practices used to facilitate so-called aboriginal economic development zones is an important next step in work the city has been at for years.

"It's part of reconciliation to provide economic opportunities to people that are disenfranchised," she told reporters.

"It's actually good for all citizens." Gerbasi said Saskatchewan is a good example where agreements have been

inked that speed up the treaty land entitlement process with the federal government, which can take over seven years to complete.

"It's a terribly onerous process," she said, adding that our Prairie neighbour managed to see nearly 40 aboriginal economic development zones established.

Allowing reserves inside city limits has been controversial, and most recently discussed as part of the new Assiniboia Downs Master Plan — also OK'd Tuesday — that would see Peguis First Nation transform some of the land at the Downs into an urban reserve.

Gerbasi notes that in recent years, there has been a tide of political change and less resistance amongst elected officials — and constituents — towards the prospect.

"Nobody was saying we oppose it, but there wasn't that political will to drive it," she said of the previous years.

Given the inter-governmental support for the Truth and Reconciliation Commission's recommendations, Gerbasi believes it's the "perfect time" for the province to "try and get things moving faster."



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Today's Message is on Rethinking Crown Corporations

If we are to keep crown corporations as regulated monopolies, they must be run efficiently and not as political playthings. Their operations should be subject to scrutiny, transparency and accountability. Members of the boards of the crowns, agencies and regulators should be appointed based on merit, not only on which party they support. To begin with, we need 'score card' comparisons of Crown services and operations against similar corporations elsewhere in Canada and the world. In the end, these monopolies should only remain so if they are run efficiently, and serve the public interest — not just party interests.

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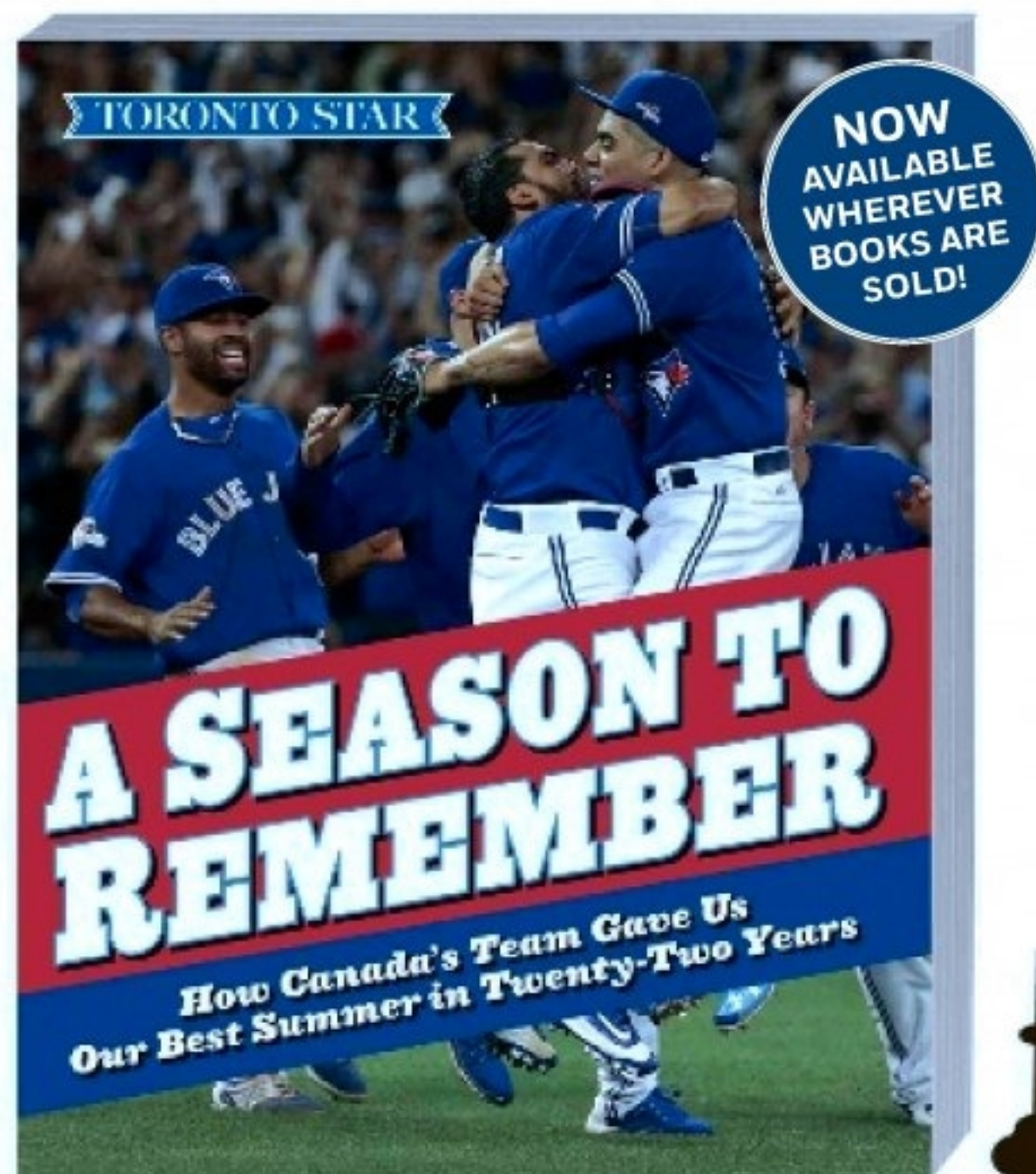
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ROOFTOPS

Bees a step closer to buzzing downtown

More honeybees could call downtown Winnipeg home this summer after a city committee agreed allowing rooftop hives would not be such a bad idea.

The property development and downtown heritage committee was all abuzz with the issue Tuesday, dealing with a staff recommendation to alter the downtown zoning bylaws to allow for urban beekeeping on a conditional use basis.

Although an important step, according to members of the city's urban beekeeping community, under that designation an application to start up a rooftop operation would cost at least \$1,000 per lot.

Coun. Jenny Gerbasi — and urban beekeeping proponent — then requested the zoning designation be changed from conditional to permitted use, which carries cheaper fees.

OK'ing rooftop beekeeping starting in the downtown would create a "living example" for the rest of the city, she told Tuesday's committee.

The committee eventually approved her motion, which would see fees drop to about \$200 instead upwards of \$1,000.

"My expectation is that it'll go really well," Gerbasi said of the initiative. "Then we can look at expanding (citywide) if there's the will for that."

Urban beekeeper Chris Kirouac also applauded Tuesday's decision as an important first step.

"Prior to remov-



Beekeeper Chris Kirouac said he was happy about Tuesday's progress. METRO FILE

ing the conditional use designation, we think it would have been pretty much prohibitive for more than one or two businesses to host a hive."

Depending on the remaining approval timeline at city hall, Kirouac anticipates the first rooftop hives could be in place by June.

According to a staff report, the city has been pursuing the idea since last May, when the Fort Garry Hotel formally asked city council to allow them to install apiaries on their roof.

Councillors liked the idea, so the city conducted a public consultation — "because the idea of bees can spark interest, curiosity and potentially anxiety on the part of the public, an informational and educational campaign has formed a key pillar of urban beekeeping strategies elsewhere," reads the report.

STEPHANIE TAYLOR/METRO

\$200

The city committee slashed the potential fees for a beekeeping permit to \$200 from \$1,000.

Mayor, councillor accused of meddling

CHARLESWOOD

City committee rejects plans for multi-family development



Stephanie Taylor
Metro | Winnipeg

One Winnipeg councillor took the gloves off when he insinuated city planners might have faced political pressure to reject a proposed multi-family development in Charleswood.

Russ Wyatt raised the question after a meeting of the city's committee on property development and downtown heritage Tuesday.

Members endorsed a decision made by the Assiniboia community committee last week, which was to reject an application by GW Architecture to subdivide a 3.75-acre parcel of land in order to build a new 65-unit residential building on the corner of 4820 Roblin Blvd. and 521 Dieppe Rd.

This is the second time a city committee has quashed the project's plans, but unlike in 2014 when city planners gave it the go-ahead, this time around staff gave the designs a thumbs down.

While speaking to reporters after Tuesday's meeting, Wyatt criticized how the second application is similar to the original, and includes some improvements, so the "flip" in



Russ Wyatt told reporters he wondered if local councillors had interfered in the development process. METRO FILE

the planning department's decision does not hold water.

"The concern that I have is was there political interference here, was there direction given from senior people on council to change the report?"

When asked specifically if he was suggesting the area's elected officials pressured staff, he responded, saying, "That's a

question you have to ask Coun. Morantz and the mayor who lives in the neighbourhood."

"That's a completely irresponsible allegation, and I'm very disappointed he would say something like that," Coun. Marty Morantz told Metro afterwards.

"I don't think you go out and make accusations like that against other councillors. There's

no reason to believe it, there's no evidence to that effect. There's no motive."

The mayor's office also responded with a statement that planners have been working with the developer and local community members on the project for "quite some time."

It goes on to say Mayor Brian Bowman intends to uphold the decision during Wednesday's executive policy committee.

Wyatt argued Tuesday new development is needed in Charleswood given the neighbourhood's aging population, and the city's push for infill development as opposed to urban sprawl.

But Coun. Jenny Gerbasi said although the city should promote infill as a principle, the planning department must evaluate projects on a case-by-case basis.

And according to a staff report on the project in question, it reads, "The proposed development would be the densest development in the neighbourhood if established."

Despite the fact the second application saw a reduction in the building's height, and parking reconfigured to create more space between adjacent properties, staff still says there is not enough room to support a wider buffer area around the site's perimeter, as was recommended by the department.

Other objections included the building's height, and the cost of extending sewer lines to the site.

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Lt. Col. Luc St. Denis talks to troops Sunday near Resolute, Nu. BRAEDEN JONES/METRO

'Nobody stands alone in the Arctic'



Wide support helps logistics provider grow 'four-fold'

Less than a decade ago, the Polar Continental Shelf Program (PCSP) compound northwest of Resolute on Cornwallis Island, Nu. could support about 62 people — today it can handle as many as 240 people.

The compound — which houses living and office quarters and provides meals, accommodations, transportation and field equipment to research groups in the Canadian Arctic — has "expanded four-fold in a very, very short time," said acting PCSP Chief of Arctic Logistics Tim McCagherty.

Rapid expansion came thanks to cooperation integral to all operations in the high Arctic.

"If you're not all working together, nothing happens," McCagherty said. "Nobody stands alone in the Arctic."

In this case, the cooperation is between the PCSP — backed by Natural Resources Canada, Environment Canada, and the Department of Fisheries and Oceans — and the Canadian Forces Arctic Training Centre (CFATC), via the Department of National Defence (DND).

In 2007, the Canadian Armed Forces (CAF) received "the Canada First Defence strategy," which mandated

an increase in CAF Arctic presence and sovereignty defence.

"When (that) came up... the military turned around and said, 'Okay, we've got to do an assessment of where we should place (a base of operations), and what should this facility do,'" said Lt. Col. Luc St. Denis.

The PCSP was established — albeit smaller — conveniently in the middle of the Canadian Arctic, and has one of the longest runways this far North, bar few, allowing for the kind of air projection vital to responding to sovereign threats almost anywhere North of Churchill.

McCagherty and company also offered 53 years of experience and an extensive network of contacts, pre-negotiated agreements, an established HF radio network and fuel caches.

"When we looked at all the factors, we needed mobility, we needed reach back to the south, we needed a central location and we needed good contacts," St. Denis said of why CAF partnered the PCSP. "It was a win-win."

He also said "training capability" was a primary need, hence the facility plan.

A planned expansion to the PCSP compound around 2009 allowed St. Denis an opportunity to propose the partnership, when he had his mandate and a \$60 million budget to achieve his goals.

"I said ... 'I've got money, you've got the blueprint, what if we did a cut and paste, flipped it over and doubled the capacity to respond to my need?'" St. Denis said.

He took the plan to DND in September 2010, and it was approved by April 2011. Construction began the following summer and the ribbon was cut for the facility in 2013.

"That is something else," St. Denis said. "The reason it worked is because of the partnership."

During Exercise Arctic Ram 2016, Metro will be reporting on different aspects of the Canadian Arctic, the community of Resolute, and the military's presence and training in the area.

+ FROM RESEARCH TO LOGISTICS

Today, the PCSP functions as a logistics provider. Originally founded in 1958, it was a base of operations for scientific research in the Canadian Arctic.

Now it provides support to more than 140 camps from the Resolute base, and has operated in more than 2,000 locations in the Canadian Arctic, touching every island there is.

It plans 18 months in advance by accepting submissions from researchers, public and government departments needing logistics support to work in their backyard. It provides flights, guides, accommodations and supplies to suit needs, and finds synergies between different operations to reduce costs. METRO

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N.S. rapper feels 'Greatful'

ARTS AND CULTURE

Classified releases new album about everyday folks

Nigel Moore
Metro | Ottawa

When East Coast rapper Classified says he's just keeping it real, he means it.

For his new album *Greatful*, released last month, he continued to write about everyday folks trying to pay the bills and raise their children right. And he's not afraid to make fun of himself, either.

It's not what we're used to hearing in hip-hop. "Not the street life, braggin', talky stuff," said Classified.

Classified's lyrics are

“I've still got records like that, but ... my friends and family — all the people I hang out with, they understand what I'm about. They know I'm not a super cocky dude. I'm pretty humble.”

Classified

often populated by people like those in his song *Work Away*, who are far from home and their loved ones.

“Originally when (song-writing partner David Myles) and I started that song, we were going to write it about musicians away on tour,” said

Classified.

“Now that it's done, people think it's about going away to work in the Alberta oilsands or whatever. It could either be about me going away on tour, or somebody getting up to fly from Cape Breton to Fort McMurray, because that's what they do,” he said.

“It's about my friends around Halifax, because everybody I know has gone out west to work. That's a big lifestyle thing on the East Coast. You're away from your family a lot because you're supporting them.”

+ CONCERT

Classified will be performing at the Garrick Centre on Wednesday. The show is all ages and tickets are \$30 at LiveNation.com.



Halifax-based hip-hop artist **Classified** will be at the Garrick Centre on Wednesday.
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Trudeau sketch of museum raises \$25k

ART

Drawing by prime minister was done prior to election

A watercolour sketch drawn by Justin Trudeau months before he became prime minister has been auctioned off on eBay for \$25,200 to a Toronto businessman and philanthropist, and his artist wife.

Viv Draward, communications director for Friends of the Canadian Museum for Human Rights, said Alice and Grant Burton have been previous donors to the facility.

Trudeau drew the image of the museum after visiting the Winnipeg building last spring. Postcard prints of the image were given to Liberal party donors, and museum officials approached Trudeau about getting the original for a fundraiser.

"It's like, wow! With this kind of fundraiser, you never know



Justin Trudeau's picture of the museum. THE CANADIAN PRESS/HO

what can happen, so we didn't want to set our expectations too high," said Draward.

"It's just amazing how well it ended up doing, and I think it demonstrates what a unique piece the sketch is and the interest people are taking

in human rights."

Grant Burton is president of Starcan Corp. and director emeritus at the National Arts Centre while Alice Burton's works have been exhibited in Toronto, Montreal and New York as well as Europe and South America. THE CANADIAN PRESS

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Search on for missing teen

RIVER EAST

Cooper James Nemeth, 17, was last seen Saturday night

Bailey Hildebrand
For Metro | Winnipeg

Friends and family of Cooper James Nemeth, who went missing over the weekend, are searching for any sign of him.

Nemeth, 17, was last seen early Sunday in the River East area. His friends last saw him at a party, according to his aunt, Laresa Sayles.

Sayles said he came home from a hockey game around 9 p.m. Saturday, showered, then went out with some friends. She said Nemeth spoke with his father, Brent, and they decided it was reasonable for him to be home between 2 and 3 a.m. Sunday.

But he never returned.

Sayles said she came home from work to a phone call from his mother, Gaylene, who said the teen was missing.



Hundreds showed up Tuesday to search for Cooper James Nemeth, 17. BAILEY HILDEBRAND/FOR METRO

"He's never done that," Sayles said. "He always comes back. He's never not come home. He's always come home after work or hockey, shower, change. He's a pretty routine kid."

For the second day in a row, Sayles rallied a large group of

It's amazing to see how many people truly care ... and want him to be safe.

Andrew Skogen

people at the Gateway Recreation Centre Tuesday. From there, they canvassed neighbourhoods, handing out posters and looking for any sign of Nemeth.

Andrew Skogen, Nemeth's former hockey coach, said the support was overwhelming.

"It's amazing to see how many people truly care about Cooper and want him to be safe."

Last year, Nemeth was diagnosed with ADHD. Sayles said his parents have been supportive of him and made sure that he took his medication diligently.

"That's difficult for a teenager whose going through a lot of changes," Sayles said. "I'm worried for his health now, because he's been missing and he hasn't had his medications and you know those side effects of not taking it, you have to be ever so careful with stuff like that."

"I don't know if he's having seizures or in a coma because of this."

People who know Nemeth have used the hashtag #findcip, using his nickname "Cip," to raise awareness on social media.

Nemeth is described as white and six feet tall with an average build. He has short brown hair and brown eyes. He was last wearing a black jacket with a River East Marauders logo, black pants and brown runners.

Anyone with information should call 204-986-6250.

IN BRIEF

Package at restaurant not explosive: Police

Winnipeg police said a package that led to a four-hour evacuation of a McPhillips Street restaurant Monday night was not an explosive.

Winnipeg police were called to the restaurant, later identified as a Boston Pizza, at about 7:40 p.m.

The Winnipeg Police Service Bomb Unit was deployed and the unit determined that the item contained no explosives.

Anyone with information is asked to call 204-986-6219. METRO

Pedestrian hospitalized

A male pedestrian was rushed to hospital after an accident involving a car on Portage Avenue at Collegiate Street, near a high school.

A witness told Metro Winnipeg the accident happened around 1:50 p.m. near St. James Collegiate. Police arrived by 2 p.m.

The victim's condition was ungraded at hospital from critical to stable, sources say. METRO

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COURTS

Wounded teen sues Mountie

A Winnipeg teen who was allegedly shot with a Mountie's stolen gun has filed a lawsuit.

Calli Vanderaa was 16 when she was hit outside a Mac's convenience store last October.

She underwent surgery after the bullet pierced her lungs, colon and spleen. She and her father have filed the suit against the officer and the RCMP.

"It's mind-boggling to think that an officer would leave a firearm in the back seat of a car in a completely non-secure environment," said the girl's lawyer, Robert Tapper. "They know very well that if a gun like that is stolen, harm is going to befall somebody."

The allegations have not been proven in court. THE CANADIAN PRESS

LAW ENFORCEMENT

Officer may lose fingers to frostbite

The Winnipeg Police Association says an officer who suffered frostbite last week may lose some fingers.

Association president Moe Sabourin says the officer received severe frostbite to his hands while training last Friday.

Environment Canada issued an extreme-cold warning that day. With the wind, it felt like -39 C in Winnipeg.

Sabourin says it's not clear how long the officer was outside or if the training could have been done indoors. He says he wants to make sure the same thing doesn't happen to another officer.

CET: CTV WINNIPEG/THE CANADIAN PRESS



Wayne Lytwyn stands in a "spotlight" to demonstrate what happens in night hunting. BAILEY HILDEBRAND/FOR METRO

Cost of one errant shot

HUNTING

Wildlife group calls for end to spotlighting over losses

Bailey Hildebrand
For Metro | Winnipeg

After serious crop damage, the death of one man and a near-death experience for a Winnipegosis woman, the Manitoba Wildlife Federation is calling for the province to take more action against spotlight hunting.

A bullet missed Doreen

Sliworsky's head by just two feet while she was sleeping at 4 a.m. on Sept. 10.

Her son-in-law, Wayne Lytwyn, said someone spotlighting wildlife nearby missed and hit the house. Lytwyn said that earlier in the night, his father-in-law heard something and went outside to investigate. He didn't find anything, so he returned to bed.

"(She) heard the bang, and probably actually what she heard was the bullet passing through the contents of the closet," Lytwyn said. "The shots, we determined, came from over half a mile away."

Lytwyn said they called the RCMP, who found the bullet but never found the hunters

responsible. He said hunting at night using spotlights or vehicle headlights is a scary thing.

"Living out there, you know something is going to happen because you continually see evidence that your fields are being travelled on, neighbours are always talking, you're seeing lights flashing at night," Lytwyn said.

"You're always wondering, 'Why does it have to happen?'" The MWF called for a ban on spotlighting Monday at the Victoria Inn Hotel and Convention Centre.

But it's already against the law, according to Section 12 of the Wildlife Act in Manitoba, which states, "No person shall



We're all victims of this now.

Fred Tait

at night use lighting or reflecting equipment for the purpose of hunting, killing, taking or capturing a vertebrate animal or attracting or confusing a vertebrate animal for the purpose of hunting, killing, taking or capturing it."

The law does not apply to indigenous hunters.

The MWF wants the province to do more to enforce that law while protecting indigenous treaty rights when it comes

to hunting. According to the MWF, some indigenous communities still use spotlighting and night hunting to effectively gather food.

In 2010, Sagkeeng First Nation felt the effects of spotlighting after a hunter was killed. Crops are also damaged when people drive on farmland to hunt, said the MWF.

Fred Tait, a MWF board member and hunting instructor, said spotlighting affects everyone.

"We're all victims of this now," Tait said. "Sagkeeng First Nation lost one of their residents over this. We just saw an incident where Winnipegosis almost lost a resident. We're all equally victimized by the existence of this."

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Presidential campaign ad misses the landmark

POLITICS

Footage of Vancouver used in video celebrating U.S.



Thandi Fletcher
Metro | Vancouver

Vancouver has found itself unwittingly thrust into the U.S. presidential race after a new campaign ad for Republican candidate Marco Rubio mistakenly featured footage of the Canadian city's downtown skyline.

The ad, which was released over the weekend, opens with a scenic sunrise shot of a tugboat with a city in the background as a narrator says, "It's morning again in America" — a reference to Ronald Reagan's 1984 campaign slogan that used the same line.

The only problem? The city



A screenshot of the opening scene of U.S. presidential candidate Marco Rubio's new campaign ad, Morning Again, which mistakenly uses stock footage of Vancouver but identifies it as America. YOUTUBE

in the background isn't in America.

It's unmistakably Vancouver's iconic downtown skyline, seen across the Burrard Inlet.

The city's Harbour Centre is clearly visible in the shot, as are the cranes at Port Metro

Vancouver. A small Canadian flag can even be seen flying on the back of the tugboat.

Rubio's campaign manager reportedly told BuzzFeed, which first reported on the footage, that the use of the clip was a mistake.

It appears the footage ori-

ginated from Shutterstock and was shot by Vancouver-based videographer Guy Chevasse.

Another video from Chevasse that appears to be shot on the same day shows another unmistakable Vancouver landmark — the five white sails atop Canada Place.

INDIGENOUS AFFAIRS

National inquiry must extend further: Bennett

The issue of violence against indigenous women goes beyond the ranks of murdered and missing, Canada's indigenous affairs minister said Tuesday as she explained her claim that the tally of victims is far higher than believed.

Carolyn Bennett made headlines earlier this week when she said the number of missing and murdered indigenous women in Canada is likely much higher than the 1,200 total put forward in reports by the RCMP.

After Tuesday's cabinet meeting, she was at pains to explain herself.

A mere roster of victims ignores the family members who have been touched by tragedy,

and fails to capture the extent to which the phenomenon has affected an entire culture, Bennett said.

"I think what we're saying is that the issue that has been described as missing and murdered indigenous women is a tragedy much greater than that."

Bennett insisted she has no data to indicate the score of the problem, but said ministers have heard enough anecdotal evidence to believe the depth and breadth of the tragedy is greater than initial reports have suggested.

Bennett has vowed the inquiry will take place at arm's length from the government once it is up and running, hopefully by this summer. THE CANADIAN PRESS



IN BRIEF

Top science prize goes to first-ever female winner

A McGill University astrophysicist became the first woman to receive one of the country's top science prizes on Tuesday, marking what was called a "significant watershed

moment" for women in science.

Victoria Kaspi, a Montreal-based professor, was handed the Gerhard Herzberg Canada Gold Medal for Science and Engineering in Ottawa.

THE CANADIAN PRESS

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Little town desperate for hairdresser

NORTHWEST TERRITORIES

Wanted: Professional willing to move way up north

The town of Norman Wells, N.W.T., could be on the fringes of a new "do" after going two years without a professional hairstylist.

After years of exclusively getting out-of-town hair cuts, Nicky Richards is spreading the word about the lack of hair care in Norman Wells, a place she has called home for 35 years.

As an economic development officer, Richards assists local entrepreneurs to start businesses, but as a denizen of the salon-free town, she is seeking a professional hairstylist to fill in a space ready

for haircuts.

"It's a ready-made salon in a local hotel, complete with two stylists' chairs, mirrors and sinks," she said.

Richard said the last time Norman Wells had a hair stylist was two years ago, when "somebody's wife had come up for two weeks." Following that, the town had a five-year hair stylist-free stint.

Even town Councillor Lise Dolen can admit that Norman

Wells is a "pretty shaggy place."

"It is a great opportunity for someone if they are interested because there's a place set up," Dolen said. "Other than the issue of finding housing, they'd make a killing up here, because there are a lot of shaggy people."

So how have the people of Norman Wells dealt without a stylist? Richards said that what people get used to doing is waiting, or doing it themselves.

"Everyone goes out for a holiday at some point, so we wait for the holiday," she said.

But now that there's a chair to fill, people are starting to come forward with their scissors.

Stylists from as far as South Africa have responded to Norman Wells, and an award-winning stylist came up from Edmonton for a week at the end of February.

TORSTAR NEWS SERVICE



Ryan Spurrell takes matters into his own hands.

TORSTAR NEWS SERVICE

MAKIBI TIMILAK

Nunavut calls for inquest into death

Nunavut has called an inquest into the murky circumstances surrounding the death of a three-month-old boy in a remote Arctic community.

The probe into the 2012 death of Makibi Timilak could reveal more about a health system that has been heavily criticized in a previous review into the tragedy.

"I support the decision of Makibi Timilak's family and look to conclusions of the Office of the Chief Coroner inquest," said Paul Okalik, Nunavut's minister of both health and justice.

"The Department of Health and the government of Nunavut are working to fully implement the 47 recommendations in the released external review," he said.

Although it was ultimately determined Makibi died of sudden infant death syndrome, the review found that nurses and health officials failed to follow procedures the night the baby died. It concluded the death was hushed up and found a climate of fear within the health department that pre-



Three-month-old Makibi Timilak is shown in a family handout photo.

THE CANADIAN PRESS

vented problems from being addressed.

On the night of April 4, 2012, Makibi's mother Neevee Akasuk called the health centre in Cape Dorset on the southern tip of Baffin Island to say her baby wouldn't settle and go to sleep. She was advised to bathe Makibi and bring him in the next morning.

Akasuk did so and Makibi appeared to fall peacefully asleep. Several hours later he was rushed unconscious to the health centre and could not be revived.

THE CANADIAN PRESS

IN BRIEF

ISIL cannot be defeated without strategy to help child soldiers: Dallaire

One of Canada's most famous former soldiers says the Islamic State in Iraq and the Levant cannot be defeated without a strategy to deal with legions of child soldiers being indoctrinated into the violent, extremist cause.

Retired lieutenant-general Romeo Dallaire recently introduced an expanded program of recruiting veterans to help train local security forces in the world's hot spots in anti-radicalization techniques

and recovery efforts.

THE CANADIAN PRESS

Canada-EU trade deal still under revision: Official

Canada is working with the European Union to revise controversial investor protection provisions in their landmark free trade deal at the direction of the new Liberal government. But Canada's chief negotiator Steve Verhuel said Tuesday the ongoing work with the EU does not mean the pact has been reopened to negotiation.

THE CANADIAN PRESS

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In 2011, The Manitoba Building Code was revised to require all new homes to have a heat recovery ventilator or HRV installed. Good ventilation is important in any home, and an HRV improves air quality and helps avoid such problems as excessive humidity that can cause increased condensation on windows, odours, and stale or stuffy air.

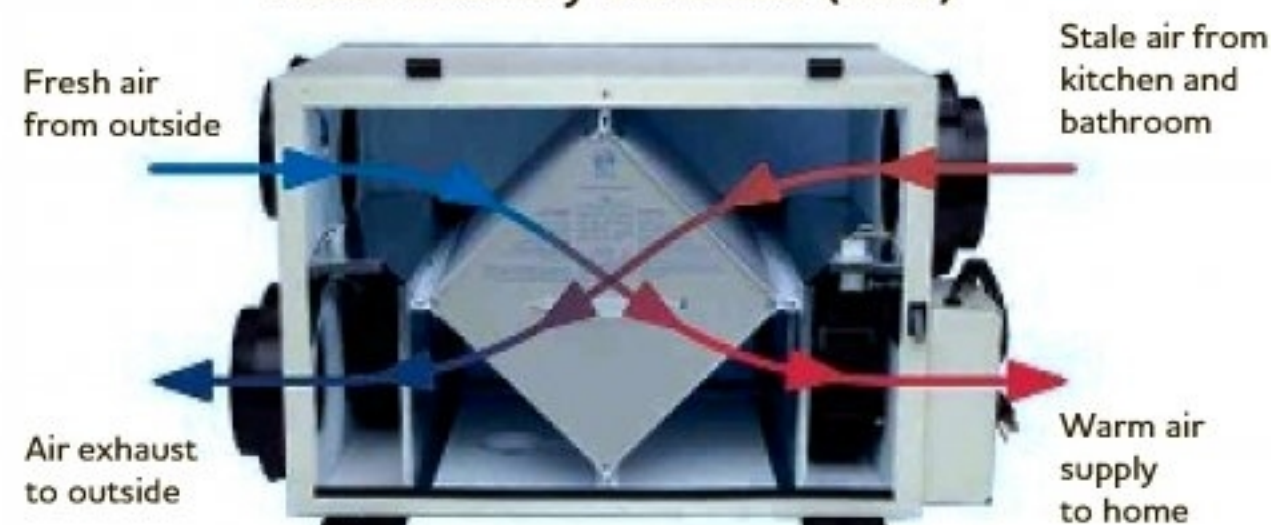
HRVs use fans to exhaust humidity, odours, and carbon dioxide from the home while drawing in fresh air from the outside. In winter, the HRV uses heat from the stale air it exhausts to warm up incoming cold air. That transfer of heat saves you energy and money while improving your indoor air quality. The air exchange also reduces condensation problems by replacing stale, humid air with fresh, dry air from outside.

Continuous operation of an HRV on low speed during Manitoba's cold and dry winter weather can result in humidity levels that may feel uncomfortably low (10-20%) for most people. This continuous operation will also contribute to higher heating bills. Investing in a premium HRV controller and dehumidistat that provides options for automatic recirculation, including intermittent or off modes, will provide better control of humidity, comfort and heating costs.

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EAGLES OF DEATH METAL

Band back in Paris for survivors' show

California rock band Eagles of Death Metal performed Tuesday at a highly charged Paris concert filled with fans who survived a terrifying massacre and siege at their last Paris show — and filled with memories of those who didn't.

"Bonsoir Paris, we're ready for this!" frontman Jesse Hughes told the crowd at the Olympia concert hall, before heading straight into their first song.

Later, between two songs, he added: "Peace, Love and Rock and Roll!"

The band's performance Nov. 13 at the Bataclan concert hall turned into a bloodbath when Islamic extremist suicide bombers stormed in, as near-simultaneous attacks hit cafes and a stadium around Paris. Scores of

concert-goers at the Bataclan were killed, while others hid or lay motionless for hours until a police raid ended the siege.

Armed police guarded entrances to the Olympia for Tuesday's performance, and concert-goers went through three bag and body searches before entering.

Viewers seemed in good spirits ahead of the show, some drinking outside, and little nervousness in the crowd.

The violence came just 10 months after deadly jihadi attacks on a satirical newspaper and a kosher supermarket pushed the country into high alert, and forced French lawmakers to look for ways to further protect citizens.

THE ASSOCIATED PRESS



Frontman of rock band Eagles of Death Metal, Jesse Hughes, holds up a T-shirt at the Olympia concert hall. JEAN-NICOLAS GUILLO/LE PARISIEN VIA THE ASSOCIATED PRESS

IN BRIEF

Four sex abuse charges emerging, says UN

The United Nations said Tuesday it has confirmed four new allegations of sexual abuse and exploitation against minors by U.N. peacekeepers in Central African Republic.

Deputy spokesman Farhan Haq said the allegations involved peacekeepers from Congo and were reported to the peacekeeping mission

last week. THE ASSOCIATED PRESS

Judge denies Cosby appeal

Bill Cosby's criminal sexual-assault case appears to be headed toward an evidence hearing after a judge denied his latest effort to throw the charges out. In a ruling Tuesday, the judge who refused to dismiss the case earlier this month denied Cosby's appeal of that decision. THE ASSOCIATED PRESS



Former President George W. Bush speaks in support of his brother, aspiring Republican nominee Jeb Bush, at a campaign rally in North Charleston, South Carolina. The Bush campaign is seeking support in South Carolina, where George W. Bush is popular with the state's large military population. SPENCER PLATT/GETTY IMAGES

George W. Bush offers takedown on Trump

REPUBLICAN RACE

'Humility' is needed in office, says former President

George W. Bush never mentioned Donald Trump. But with his folksy touch, the former president unleashed a tough takedown of the billionaire businessman who has upended a Republican Party his family has long led.

"I understand Americans are angry and frustrated," Bush said Monday during his first

campaign rally for his brother, Jeb Bush. "But we do not need somebody in the Oval Office who mirrors and inflames our anger and frustration."

Trump's rise has confounded the Bush family and its allies. But despite months of predicting the brash billionaire would fade, it's Jeb Bush whose White House hopes are in peril, particularly if he's unable to pull out a strong showing in Saturday's South Carolina primary.

The former president emerged from his self-imposed political hibernation to try to give Bush a President's Day boost. He layered each valida-



We need somebody who can take a positive message across the country. George W. Bush

tion of his younger brother with an implicit critique of Trump.

He urged voters to back a candidate who will be "measured and thoughtful" on the world stage. A candidate whose "humility" helps him understand what he doesn't know. A candidate who can win in November's general election.

"All the sloganeering and all the talk doesn't matter if we don't win," Bush said. "We need somebody who can take

a positive message across the country."

With his brother as a strong warm-up act, Jeb Bush delivered an impassioned version of his campaign speech, touting his experience as Florida governor and vowing he could put Republicans back in the White House for the first time in eight years.

"I can beat Hillary Clinton," he said of the Democratic front-runner. "I can promise you that." THE ASSOCIATED PRESS

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Not afraid to dream big

MIDDLE EAST

Girls fleeing Syrian war share hopes for the future

For the adolescent girls who have fled war in Syria for life in Jordan's refugee camps, the future can seem as uncertain as the past.

And yet, they have reasons to dream like anyone else. That's the message of the Vision not Victim campaign by the International Rescue Committee. Photographer Meredith Hutchinson invited the girls of the camps to map out their professional futures, meet female mentors and realize their potential.

The girls then designed their own photo, where they posed as their future self.

TORSTAR NEWS SERVICE

1 Rama (Age 13): Future doctor. "Walking down the street as a young girl in Syria or Jordan, I encountered many people suffering — sick or injured — and I always wanted to have the power and skills to help them. Now, as a great physician in my community, I have that



ability.

Easing someone's pain is the most rewarding aspect of my job. To be able to give them relief and make them smile — this is what I love most."

2 Fatima (Age 16): Future architect. "I've always wanted to be an architect. Yet, when I was young people told me that this is not something a woman could achieve, and they encouraged me to pursue a more 'feminine' profession. But I dreamt constantly of making beautiful homes for families, and designing buildings that bring people joy.

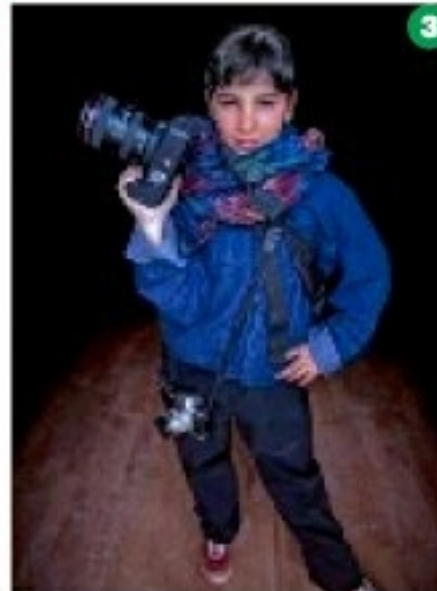
Now that I've reached my



vision, I hope I am a model for other girls, showing them that you should never give up on your dream — no matter what others say."

3 Muntaha (Age 12): Future photographer. "Since I was a young girl, I loved taking people's photographs. I loved going to different events and documenting what was happening — both the good and bad. Now, as a professional photographer, I use my images to inspire hope in others — to encourage love and understanding."

4 Amani (Age 10): Future pilot. "Even before I had ever been on a plane, I knew I



wanted to be a pilot. When I was younger, my brother always told me that a girl can't be a pilot, but I knew deep down this is what I wanted to do.

I finished my studies and found a way to get to flight school. Now, not only do I get to live my dream, but I also get to help people travel, to see the world, and discover new places."

5 Fatima (Age 12): Future teacher. "In this image, it is the early morning and I am waiting in my classroom for my students to arrive. I teach younger children to read and write Arabic. I am a very compassionate and kind person,



and so a perfect teacher. I am strict, but I go out of my way to gently help those students who are having difficulties."

FREEZING RAIN

Bizarre weather continues

A treacherous mix of snow, sleet and freezing rain turned morning commutes to icy misery Tuesday for many returning from a long holiday weekend in the Northeast, a day after suspected twisters tore through parts of the South.

At least three deaths were reported on slick roads, all in Virginia, and motorists battled hazardous road conditions over a wide area from the Mid-Atlantic states through Pennsylvania to northern New England.

In the West, California and Arizona braced for more record warm temperatures after basking in the high 80s and low 90s on Monday. Millions along the East Coast, meanwhile, were still shivering from a deep freeze.

In Washington, the federal government was opening three hours late after freezing rain coated the capital city in ice — atop the several inches of snow that fell Monday. The U.S. Office of Personnel Management, which sets leave for 300,000 federal workers, said employees also could opt for unscheduled leave or telework.

Messy snow, sleet and freezing rain made driving hazardous around the Northeast.

THE ASSOCIATED PRESS

REFUGEE CRISIS

Syrian boy posts heartfelt letter to King of Sweden

A 12-year-old Syrian boy is hoping for an audience with Swedish King Carl XVI Gustaf after describing his family's perilous journey to the Nordic country in a moving letter to the figurehead monarch.

The royal palace confirmed Tuesday that the king had received the letter from Ahmed, whose mother asked that his surname not be published because he's a minor. The family is still waiting to hear whether it will be granted refugee status.

Ahmed wrote that his family lived happily in Aleppo, Syria, "until the war started with the sound of missiles, shooting and terror."

He described their escape to Greece in a "rubber boat" amid the cries of children and how his "heart was crushed" when he saw the tears of his mother.

"I wanted to talk about my journey from Syria to Sweden," Ahmed told The Associated Press. "And I wanted to talk to him about Swedish people.

I like the Swedish people very much."

Ahmed wrote the letter in Arabic. Pooja Sharafi, a 29-year-old counsellor at the school in Malmo where Ahmed is enrolled, helped him get it translated into Swedish.

"I was very moved when I read it," said Sharafi, whose parents fled to Sweden as refugees from Iran. He also posted the letter on Facebook.

Royal palace spokesman Daniel Urso said the king replied on Feb. 11 but declined



Ahmed hopes King Carl XVI Gustaf gets the letter.

HANDOUT/THE ASSOCIATED PRESS

to disclose the details, saying it was a "private matter."

However, Ahmed, his mother and Sharafi said none of them had seen a reply. The reason for the discrepancy wasn't immediately clear.

Ahmed said he hopes to meet the king, who he had heard "is very kind to his people."

In the letter, the boy said he even brought new clothes from Syria to wear in case he's able to meet the monarch.

THE ASSOCIATED PRESS



A Penn State University professor walks to class in treacherous conditions.

NABIL K. MARK/CENTRE DAILY TIMES VIA THE ASSOCIATED PRESS

IN BRIEF

ISIL-linked trio goes to trial
Three Arizona men watched videos depicting violence by jihadists, tried to get pipe bombs, and planned an attack at a Prophet Muhammad cartoon contest in Texas last year, investigators say. Two of the men brought semiautomatic rifles and an Islamic State flag to the May 3 contest featuring cartoons deemed offensive to Muslims. The third man goes on trial in

Phoenix on Tuesday.
THE ASSOCIATED PRESS

Veteran Egyptian diplomat and UN chief dies at 93
Boutros Boutros-Ghali, a veteran Egyptian diplomat who helped negotiate his country's landmark peace deal with Israel but then clashed with the United States when he served a single term as UN secretary-general, died Tuesday. He was 93. THE ASSOCIATED PRESS

OUTBREAK

Modified insects could curb Zika virus

The World Health Organization says it may be necessary to use controversial methods like genetically modified mosquitoes to wipe out the insects that are spreading the Zika virus across the Americas.

The virus has been linked to a spike in babies born with abnormally small heads, or microcephaly, in Brazil and French Polynesia. The U.N. health agency has declared Zika a global emergency, even

though there is no definitive proof it is causing the birth defects.

WHO said its advisory group has recommended further field trials of genetically modified mosquitoes, which have previously been tested in small trials in countries including the Cayman Islands and Malaysia.

"Given the magnitude of the Zika crisis, WHO encourages affected countries ... to boost

the use of both old and new approaches to mosquito control as the most immediate line of defence," WHO said in a statement.

Next week, WHO chief Dr. Margaret Chan will travel to Brazil — the epicenter of the outbreak — to discuss Zika and microcephaly with the country's health min-

34

WHO says at least 34 countries have been hit by the virus in the current crisis, mostly in Latin America.

ister and other officials, agency spokeswoman Fabela Chaib said on Tuesday.

WHO said previous experiments that released sterile insects have been used by other U.N. agencies to

control agricultural pests.
THE ASSOCIATED PRESS

Embracing a new vacation model

EMPLOYEE MANAGEMENT

Unlimited paid holidays the 'right' thing for workers: CEO

Just weeks after a Vancouver company introduced unlimited paid vacation in January, some employees are already off on holidays in Thailand.

"These are high-quality people, who will come back more refreshed, better than ever," said Jeff Booth, chief executive officer of BuildDirect, an online home-improvement marketplace that sells everything from flooring to kitchens.

"We feel it's the right thing for our employees. Instead of measuring hours, we measure output," said Booth, who says he took seven weeks of vacation last year including a three-week trip to Vietnam.

"If my best person came to me and said, 'I really need this time, a paid vacation.' Would I give it to them? I would," he

said, adding he would grant such vacation to others.

The policy now means all 300 employees have access to unlimited paid vacation, including staff in the warehouse. There are still rules — including limiting it generally to no more than four consecutive weeks, as many times over the course of the year — though a manager could give the sign-off on longer periods.

Miovision, a Waterloo-based traffic management company, also brought in the new unlimited paid vacation policy last month, part of a policy to emphasize trust, but also formalizing what had essentially been an unwritten rule.

"The idea is take as much vacation time as you need, but we're

all here to build the future," said Miovision's CEO Kurtis McBride.

The idea hasn't worked at some companies including crowdfunding website Kickstarter, which reverted back to fixed vacation days last fall.

Julian Barling, Borden chair of leadership at Smith School of Business, noted that the traditional model of limiting vacation days was built on fear that people would escape the workplace.

"In the workplaces of the current era, we are trying to construct workplaces that are very different, where autonomy is very important," he said. "It does not mean doing everything and anything they want."

TORSTAR NEWS SERVICE



We just decided we didn't need to babysit the staff. They are quite capable of deciding how much time they need, while still getting ... work done. Kurtis McBride



Some employers are shifting to open-ended vacation policies, saying they trust their employees. Miovision, a Waterloo-based company, has extended the policy to all 300 of its employees. ISTOCK

TECH SECTOR

Feds studying report to boost startups

The federal government is closely studying recommendations on how to help Canadian tech startups grow into global success stories — transformations that could eventually provide a boost for the ailing economy.

The findings of a recent

report are under analysis by the Liberal government, which has also been told internally that building small and medium tech firms into billion-dollar players remains a key challenge.

The review comes amid debate on how best to revive the

economy, which is struggling with low commodity prices.

The study, commissioned by the federal and Ontario governments, outlines possible strategies to help budding entrepreneurs become high-growth operations.

The analysis of the findings comes as the Liberals prepare their first budget, expected late next month. Some anticipate the fiscal blueprint to include measures to boost the tech and startup sectors.

THE CANADIAN PRESS

IN BRIEF

Global economy shaky, no bailout on the way

Eight years after the financial crisis, the world is coming to grips with the realization that serious weaknesses still plague the global economy.

THE ASSOCIATED PRESS

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

I have a fairly large family spread around the world. We use Skype and FaceTime a lot. It really bothers me when someone sticks a camera in my face and forces me to have a conversation. How do I stop that without being rude?

Dear Ellen,
I have a fairly large family spread around the world, so we find ourselves using Skype and FaceTime a lot. It really bothers me when I'm minding my own business and someone just sticks a camera in front of me and forces me to have a conversation with that person. It happens over the phone too, but that can be avoided by making signals.
Is there a way to stop that without being rude?
Andrés, Toronto

Dear Andrés,
As part of a large family spread out across Canada, I know this problem well and can speak to it from both sides. I've been the person trying to eat dinner when a laptop is suddenly inserted between me and my mashed potatoes. And though certain of my relatives might resemble a mound of lumpy, whitish starch covered in grease, I much prefer the edible variety on my plate.

So, whilst my lovely tubers grow cold (and as every potato-lover knows, they can never be reheated to their first, fresh glory), I make small talk with faraway people who are starting to look seasick from being passed around the table like a dish no one really wants, but which everyone feels obliged to sample for fear of offending the cook.

I've also been the seasick face on the screen, shuttled between siblings who love me dearly but already know I'm

Imagine if there was a way for us to see our loved ones when they're far away...



© Ani Castillo

fine and are too busy yelling at their children to give my latest theory about the weather the attention I think it deserves. Their solution is to pass me on to the kids — who, I'm proud to report, are assiduously polite. I daresay, if I weren't a student of etiquette, even I'd be fooled by the skill with which they cut short my questions about their dreams and hopes for the future and insist on sharing their beloved aunt with the younger ones.

Alas, the whole staying-connected-via-the-Internet experiment really falls apart when you involve the under-five set. I hate to be critical but if I wanted to watch a fast-motion, shaky-cam montage of the ceilings, walls and floors of several rooms, I could easily do that at home. Nor do these violently exuberant toddlers know how to gracefully say goodbye. The last time I attended a family event via Skype, I was left face-down on a staircase screaming "Hello? Hello? I'm here!

Is anyone there?" It felt like a giant, depressing metaphor for my life. Then again, attending family events in person often ends with the same sensation, so perhaps I can't blame everything on video chats.

As with many matters of etiquette, Andrés, my answer to your question must start with "It depends." If you are comfortable discussing the issue with family members, you might find you're not alone in feeling unpleasantly ambushed by computer screens at the table. You could discuss planning ahead, setting a firm time to talk when you're prepared, your mouth isn't full, and — if you're at all vain — you've had time to fix your hair and powder your nose for the camera.

If your family isn't open to your concerns, or they're terrible at planning, you have several choices:

1) Take the initiative and be the first to get the video call going. This gives you full

Oooh. That would be the most wonderful thing!

control of when the conversation happens and puts you on the business end of shoving laptops into faces. As de facto moderator, you can also humbly cut your own time short in consideration of others.

2) Discreetly disconnect the modem or, even better, leave it lying facedown on a distant staircase or under a pile of coats. If there are toddlers on-site, this can easily be accomplished without raising suspicion — though I hasten to add it would be very bad manners to allow any small, innocent person to be punished for your actions.

3) Bite the bullet, take the long view and submit. It's annoying but it's only a few minutes of your life and it could mean an awful lot to the person at the other end. And, of course, don't talk with your mouth full.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

What's anti-feminist is pitting women against each other

You can't swing a media brand without hearing about the great rupture in American feminism, a split deeper than DD cleavage, a cat fight extraordinary, mano-a-mano — or, since the Spanish word for "hand" sounds so much like "man," mujer vs. mujer.

The schism first appeared a month ago and has reached a media fever pitch: Young women are choosing Bernie Sanders over Hillary Clinton, to their elders' outrage.

Let's begin with the obvious: Not all young women are choosing Sanders (celebrity example: Lena Dunham) and not all older women are choosing Clinton (example: Susan Sarandon). Also: not all women vote Democratic.

Still, the debate is real enough that pro-Clinton former U.S. secretary of state Madeleine Albright got all evangelical last week, warning of "a special place in hell for women who don't help each other" — an absurdly ill-fitting threat, since Sanders supporters aren't the most religious.

She probably meant to say "a special place in the Clintons' bad books." But all this Shakespearean-level gender drama presented by the media is overrated.

First: The debate feels pretty white. Despite notable supporters, including rapper Killer Mike and a former NAACP chair, polls show black and Hispanic voters skew

heavily Clinton. And since I couldn't find a single poll detailing how black or Hispanic women are voting by age, I guess no one's that curious about where race plays into this feminist end-of-unity.

Second: The debate is partly misdiagnosed. Yes, young women are feeling the Bern, but so are all young people. It's not a problem with feminism, it's a problem with the generations at large. Young voters are concerned with poverty, income inequality and the dismantling of establishment power — all things Sanders has championed. Older women (and the media) are misreading this as indifference to gender politics — even, bizarrely, Gloria Steinem. As an early champion of viewing oppression beyond the gender lens and into class and race, I would have expected her to understand.

Lastly: Both candidates would probably be OK for women. They both support abortion rights, same-sex marriage, expanding Obamacare and raising the minimum wage.

The anti-climactic truth is neither choice is anti-feminist. What's anti-feminist is pitting women against each other, as if there were only one right way to be. It's also an underwhelming tactic to garner votes. Case in point: Fire-and-brimstone Albright has since apologized for telling other women to go to hell.

As with many matters of etiquette, my answer to your question must start with 'It depends.'

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Is it too late to start saving?

NEST EGG

Building a retirement fund beyond middle-age

Michelle Williams

You're nearly past your best earning years and your savings are negligible. Maybe it's because you've been raising your kids, paying down your mortgage and managing credit-card debt. Is it too late to start saving for retirement?

You may regret not starting earlier, but it's never too late to save.

"If you're not 71 years of age or older and if your taxable income is considerably higher now than it will be in retirement, then you still have time to be making RSP contributions," says Alan Cameron, investment advisor with Investment Planning Counsel. "The reasons are no different when you're middle-aged and beyond than when you're younger — you'll get a tax deferral now and pay less tax when you pull it out, assuming you'll be earning less."

The big difference is that there's less opportunity for your money to grow, as it won't be in your RSP as long and won't benefit from decades of compounding interest.



It's never too late to start saving for your retirement. ISTOCK

Time to get serious

"Often, we see people who haven't saved much in the past start to panic around age 50," says Jason Pereira, senior financial consultant with Woodgate Financial Inc. and Investment Planning Counsel. "It's unfortunate that people find themselves in this situation, but whether you've left

it late or not, at some point you have to get serious about retirement savings or you may not retire in a lifestyle you'll be comfortable with."

According to Pereira, the question to ask yourself about your retirement savings is: Can you sustain the lifestyle you're accustomed to when you're no longer working?

If the answer is no, now is definitely the time to get serious about your retirement savings.

You may also have to examine why you haven't been saving until now.

"If you're dealing with credit-card debt or refinancing your home, you're living beyond your means," says

Pereira. "When you're spending more than you make when you're working, how can you ever expect a positive result when you're retired?" Those who don't save enough may either have to push back their retirement, change their current lifestyle or prepare for a very different standard of living in the future.

Changing the focus

The challenge isn't always overspending.

"Some investors choose to put all their money into paying off their mortgage. The focus is to pay off debt rather than to build equity," says Pereira. "When people don't invest in savings, they're ignoring a vital part of their future and think they can catch up later, but because you miss out on compounding interest, the longer you wait, the more money you'll need."

While RSPs are an excellent savings tool, their tax benefits may not be for everyone.

"If your earnings are lower, say \$45,000 or less, you would want to be looking at tax-free savings accounts (TFsas). Also, RSPs may not be the answer if your post-retirement income is too close to your pre-retirement income or you're always in the lowest tax bracket," Cameron suggests.

For those nearing retirement, it's more important than ever to get good advice.

"You may have to adjust your goals, make lifestyle changes and start ramping up your savings," says Cameron. "A financial advisor can help you with this, showing you the best ways to make smart choices to help you reach your goals before you retire."

He recommends taking a sober assessment of where you stand every year, and more often as you near retirement. Your retired self will thank you.

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Leaves kale green with envy

Sure, kale is packed with nutrients, but so are a dozen or so greens sitting largely ignored on the same grocery shelf. Give these less popular leafy greens a try for your next dinner **TORSTAR NEWS SERVICE**

RAPINI

A cousin of broccoli, rapini is popular in Italian cooking where it's sautéed with lots of olive oil, garlic and chili flakes (and maybe sprinkled with some parmesan on top). People are often put off by its bitterness, but blanching it for a minute in salted boiling water before adding them to a hot pan helps bring out its sweetness and soften the woody stems. Serve the sautéed rapini as is for a side, toss it in penne with crumbled sausage or add it to an Italian meatball soup.

Bitterness rating: 4/5

DANDELION

It's probably best to buy dandelion from the supermarket rather than pulling the ones from your backyard that have been getting a daily watering from the neighbourhood pets. Fiercely bitter, dandelion is best served in salads with an acidic dressing such as lemon juice and olive oil that will mellow out its harshness. Add thinly sliced oranges, grapefruit and fennel to further add an acidic sweetness to the bowl. **Bitterness rating: 5/5**

CHARD

This gorgeous leafy green has stems and veins that come in a rainbow of colours, from pale green to beet red to sunset yellow. Like kale, its stems are quite woody in texture, but don't throw away the part that's going to give your dish a pop of colour (and belly-satisfying fibre). Simply separate the stems from the leaves, chop the stems into smaller pieces and give them a head start in the sauté pan before adding the leaves. A pinch of salt and a clove of garlic will help to get rid of its bitter taste.

Bitterness rating: 3/5

WATERCRESS

As its name suggests, watercress thrives in wet environments and gives off a sweet, slightly peppery crunch. Give the leaves an extra good rinse to get rid of any sand or dirt before using it as a base for salads or a more flavourful alternative to spinach in sandwiches (and not just cucumber finger sandwiches at afternoon tea). Watercress also adds flavour to pork bone soups and is a staple in Chinese hot pot. For nutrition, watercress rivals kale with high amounts of vitamins K, C, A and B6. **Bitterness rating: 1/5**

COLLARDS

Celiac sufferers (and those still on the gluten-free bandwagon) should turn to collards when making wraps and rolls in lieu of tortillas and wheat-based wrappers. The leaves are large, flat and round, making it much easier to handle as a substitute for burger buns than kale. In the American south, collards are traditionally cooked with onions, pepper, garlic and bacon (a dish with roots dating back to the slave trade). In East African nations such as Kenya and Tanzania, collards, or sakuma wiki, have been eaten for centuries and are sautéed in oil with onions and salt to go with meat or ugali, a cornmeal mash.

Bitterness rating: 2/5

BOK CHOY

A staple in Chinese cooking, bok choy is characterized by its round leaves forming a bulblike shape at the bottom. Though its leaves may not be as dark as kale, bok choy is actually a nutritional powerhouse with high amounts of vitamins A and C as well as calcium. Do as the Chinese do and sauté bok choy with garlic in a bit of vegetable oil or add it to a bowl of noodle soup, dumplings or wontons. **Bitterness rating: 2/5**

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ROSE REISMAN THE SAVVY EATER

THIS WEEK: Snacks

Sushi sounds like a super healthy meal with rice, fish and veggies but some rolls will send you off the deep end nutritionally.

PICK THIS

Salmon Avocado Roll

Portion Roll (nine pieces)
Calories 320
Fat 4 g
Sodium 470 mg



SKIP THIS

Spicy Tuna Roll

Portion Roll (nine pieces)
Calories 670
Fat 18 g
Sodium 830 mg



HERE'S WHY



Equivalent to as much sodium and more calories as two Original Recipe Chicken Thighs from KFC.

The tuna is incredibly healthy but once mixed with the spicy sauce and mayonnaise-based wasabi aioli (which give the Spicy Tuna Roll its name and kick), it sinks the sushi when it comes to calories, fat and sodium. The addition of this fatty sauce adds almost double the sodium and calories, and 4.5 times the fat. That's without adding any soy sauce, which triples the sodium. Stick to a sauce-free roll – the Salmon Avocado Roll gives you all the good stuff. Try to pick a low-sodium soy sauce and use sparingly.

PUBLISHING

Designer Zac Posen pens new cookbook

Fashion designer Zac Posen has announced plans to turn a hobby he uses to “de-fashion” into a full-fledged cookbook.

Fans and Instagram followers of the New York-based designer may already have seen the news coming.

In between snaps of his latest collection, glimpses of his work studio, and his fabulous celebrity friends, Posen has also been posting photos of the meals he whips up at home.

Meals such as soba noodle soup with mini chicken quenelle (or dumpling) and asparagus; fried calamari; Kenchin-jiru Buddhist vegetable soup; risotto with peas and porcini mushrooms; and strawberry rhubarb pie.

Recently, Posen officially announced plans to publish a collection of his recipes with Rodale on Instagram. “Thank you to my @instagram followers for your continuous excitement,” he wrote alongside a snap of a meringue pie topped with edible flowers.

“You made this happen.”

In an interview with Vogue, Posen credited his Instagram fans for planting the seed for

the idea.

“If it had not been for the response from the followers on social media, I never would have taken the plunge and put a cookbook together,” he said.

Posen also called cooking a hobby that allows him to “de-fashion” and described his culinary style as “rustic to refined.”

If the meals on his Instagram account are anything to go by, fans can expect Asian — notably Japanese — influenced recipes, Italian dishes as well as French techniques, no doubt influenced by his French partner Christopher Niquet.

When he wasn't dreaming up ladies' fashions in his younger years, Posen says he was reading recipes in The New York Times, The Martha Stewart Living Cookbook, the French instructional guide La Varenne Pratique or watching the Discovery Channel's Great Chefs program.

The Zac Posen cookbook is scheduled to be released in the fall of 2017. AFP

DRINK PICK

Try a fresh white wine from Nova Scotia

You may be surprised to learn that some of the most interesting booze made in Canada is coming from Nova Scotia.

With a modern history well into its third decade, the province's wine industry has experienced rapid growth this decade with over a dozen wineries pressing juice from locally grown grapes.

Jost Vineyards was there at the beginning. The Jost family sold its holdings to Atlantic Canadian entrepreneur Carl Sparkes in 2012 and he has been leading the new wave of Nova Scotian wines ever since.

Nova Scotian wine-makers do fresh, aromatic whites very well, with off-dry, lightly effervescent versions like Jost's 2014 Selkie Frizzante (\$19.95) a casual-drinking tour de force. Try it on its own, with a charcuterie platter, or your favourite seafood recipe.

PETER ROCKWELL/METRO



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JOHANNA SCHNELLER **WHAT I'M WATCHING**

Rock 'n' roll but what's the point?

THE SHOW: Vinyl, Season 1, Episode 5 (HBO)
THE MOMENT: The Dance

New York City, 1973. Record mogul Richie Finestra (Bobby Cannavale, terrific) watches his wife Devon (Olivia Wilde) dancing sexily with Hannibal (Daniel J. Watts), a singer his label is wooing. They've been partying, snorting coke. The music is hot, the mood woozy.

At first Richie is into it. Until the dance becomes outright foreplay. Hannibal nuzzles Devon's neck, runs his hands down her red dress. He looks at Richie: How far will he let this go?

"You want a bump?" Richie asks, holding up the coke.

"I got a bump," Hannibal says, grinding his crotch into Devon's ass.

"Why, yes you do, sir," she coos.

"Right," Richie says, standing up. "We gotta run." He grabs Hannibal's cheeks. "You are a f—ing...god," he says. But they all know what he means.

Martin Scorsese, Mick Jagger and Terrence Winter (who ran Boardwalk Empire) creat-



The heady lives of a record mogul (Bobby Cannavale) and his wife (Olivia Wilde) are captured in the series Vinyl, without offering a deeper commentary on the lifestyle. CONTRIBUTED

ed this series, so you can be sure that the milieu is fascinating (decaying New York; the clash of punk, rock and disco) and the mise en scene impeccable ('70s moustaches, subway graffiti). There are orgies, egos, and all sorts of icons wandering through: Bowie, Warhol, Nico.

Immersive performances make us feel the power of music.

But five episodes in, I've yet to see what this show is actually about — in the way that Treme was about righteous anger and Boardwalk Empire was about American corruption.

The scene above is the first

one that felt truly dangerous to me. As titillating as sex, drugs and rock 'n' roll are, I want something deeper.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

THE COLLECTIONS

Mamie Gummer stars in post-war fashion drama

Shooting has begun for a new drama The Collection, set in Paris after the Second World War about a family of fashion designers trying to bring haute fashion back into mode.

The eight-part family saga stars Richard Coyle, Tom Riley, Frances de la Tour and Mamie Gummer, the daughter of Meryl Streep.

Other stars include Jenna Thiam, Max Deacon, Irène Jacob, James Cosmo, Alix Poisson, Sarah Parish, Michael Kitchen, Michelle

Gomez, Stanley Townsend, Allan Corduner, Alexandre Brasseur, Bethan-Mary James, Patrick Kennedy and Poppy Corby-Tuech.

The series is the vision of Oliver Goldstick, whose credits include Desperate Housewives, Ugly Betty, and Pretty Little Liars.

The project marks the first Franco-British co-production between BBC Worldwide, France 3 and Amazon Prime Video and Lookout Point. AFP



The Collection is about a family of fashion designers in Paris trying to bring haute dress back in style after WWII. CONTRIBUTED

SWITCHED AT BIRTH

Campus racial tensions to play out on TV

A white college student goes out to party costumed as black rapper Lil Wayne, angering African-Americans who see it as evidence of insidious campus racism.

The incident may sound familiar but it's fictional, part of a five-episode arc in the upcoming season of Switched at Birth, the

Freeform (formerly ABC Family) channel drama.

While black student protests at campuses nationwide have made news headlines, Switched at Birth is providing a rare, if not unprecedented, TV dramatization of the turmoil.

With characters in college,

the series has "both the ability and the responsibility to tell those stories," executive producer Lizzy Weiss said. "We are really trying to be accurate and honest about both sides of the debate," she said.

The white student, for example, contends he was cele-

brating his favourite hip-hop artist, not mocking blacks, with the costume.

But the climactic episode, scheduled to tape this week, belongs to the protesters. The series returns in spring, with the date yet to be announced.

"That's the point in the story

where we realized we needed to shift perspective entirely and let our black characters lead their own story. ... We see the entire episode from their points of view," Weiss said.

The party incident is one of a series of events that drive African-American students to action at the show's fictional version of the University of Missouri-Kansas City.

Mirroring real events, Weiss said, black students encounter

"everything from micro-aggressions, as they're called, small things on a daily basis that students of colour experience and usually swallow ... to larger acts that are impossible to swallow, and which galvanize them."

It's a fitting topic for the series to tackle, both because of its college setting and because, as Weiss puts it, Switched at Birth is about those who endure being treated as "outsiders."

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From top left, Michelle Buteau, Rhea Butcher and Chris Cubas. PHOTOS BY DWAYNE LARSON

THE ODD KIDS ON THE BLOCK

Park Theatre gears up for second annual comedy festival

It may be the middle of winter, but The Park Theatre (698 Osborne St.) is already gearing up for the biggest block party of the year. Back for its second year, The Oddblock Comedy Festival will take over South Osborne this summer from Aug. 25 to 28 as local and out-of-town comedians meet for a three day comedy showdown.

"We had a really good response from the whole thing last year," says Kevin Mozdzen, one of the festival organizers and talent buyer for the Park Theatre. "We really pride ourselves on being able to do everything here on the block and it's all really localized and we plan to keep on just doubling down on that feeling."

Like last year, this year's performances will be spread throughout various venues in South Osborne, all within walking distance from one another.

"The Park is sort of a centre for the festival," Mozdzen says. "It's where the bigger shows are, and it's also kind of a meeting

point for everyone before they go off to different events... it's kind of comfortable, people know what to expect from us and it's more of the regular theatre atmosphere than the other venues, which are unique and fun."

"It was nonstop comedy for four days," Winnipeg comedian Tyler Penner says. "There was a perpetual open mic in a bowling alley, the rooms were kind of smaller but you could just walk around and catch big shows."

Most of the headliners hailed from the states, including performers such as James Adomian, Rhea Butcher, Brendon Walsh and Karen Kilgariff. Mozdzen says attendees can expect more American comedians this year.

Penner hosted his show, Tyler Penner's Pizza Party, at a smaller venue last year and both nights sold out.

"It was just a great little thing and we had big names on the bill, these are big names who were performing in front of like 20, 25 people," Penner says. "I love pizza and I love comedy, you know, it kind of combined those two and it was super fun."

Penner says he'd love to do it again this year if he gets a chance.

For more info on this year's Oddblock Comedy Festival, go to oddblock.ca.

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Sentra gets a whole new look this year



ROAD
TESTED

THE CHECKLIST | NISSAN SENTRA 2016

THE BASICS

Type. Four-door, five-passenger compact sedan
Engine. (hp/torque). 1.8-litre four-cylinder (130/128)
Transmissions. Six-speed manual or CVT
Price. \$15,898 - \$25,998 (plus destination)

COOL FEATURES

- Apple Siri
- Driver's auto up/down window
- Easy-Fill tire pressure system
- Available leather seats
- Rearview camera
- Auto-dimming interior mirror
- Satellite radio



MAIN AND INTERIOR PHOTOS: JIL MCINTOSH/FOR METRO; OTHERS HANDOUT

POINTS

- Canadians buy more sunroof-equipped models than any other country, so Nissan has added one as an option to the mid-level SV.
- An available suite of apps lets you call for assistance, remotely lock or unlock the vehicle, and set boundaries for younger drivers from your phone.

MARKET POSITION

- Compacts make up the largest share of car sales in Canada, but Nissan has seldom been able to get close to leaders like Honda and Toyota. Freshening up this sedan should gain it a little more attention

REVIEW

Nissan does a great job with this fine tune

Jil McIntosh
For Metro Canada



In the brutally competitive automotive world, vehicles have to stay fresh. That's why, only three years after Nissan introduced an all-new Sentra compact sedan, it's now giving it a styling makeover for 2016.

The engine doesn't change, although the automatic continuously-variable transmission (CVT) is tweaked for better performance.

The big difference is in the exterior styling, and the Sentra gets an entirely new look from the windshield forward.

It looks a lot like a smaller-scale Nissan Altima, with its chrome-accented grille and boomerang-shaped headlamps.

Pricing starts at \$15,898 for a base model (although it's \$18,998 to get one with air conditioning), while the mid-range SV trim with CVT, which Nissan says is the best-selling model, is \$19,998.

The Sentra uses a 1.8-litre four-cylinder engine that works well in most driving conditions, although you'll probably wish

for a bit more power on hard acceleration, such as highway passing.

But while CVTs can often be noisy and feel rubbery when mated to lower-horsepower engines, Nissan has done a great job fine-tuning this one. Its performance is barely noticeable, and that's a compliment.

Other changes include improvements to the steering, which is stiffer and which makes for more comfortable driving on the highway.

The ride is bigger-car comfortable, and extra attention paid to sound-deadening makes for an extremely quiet cabin.

There are few styling changes to the interior, other than a new steering wheel and a slightly different centre stack and console.

There are some new features, though, including an available six-way power driver's seat, and in the upper trim levels, electronic safety tech-

nologies such as blind spot monitoring, cross-traffic alert, emergency braking, and adaptive cruise control that automatically adjusts its speed to traffic ahead.

These positive changes shake up the Sentra, but not the segment. It's competitive but still not a heads-above standout as far as the driving experience goes.

That said, it's well-priced compared to other compact sedans with similar features, and it's definitely worthy of a second look when you're in the market for something new.

“It looks a lot like a smaller-scale Nissan Altima, with its chrome-accented grille and boomerang-shaped headlamps.”

THE COMPETITION



Honda Civic
Base price: \$15,990



Toyota Corolla
Base price: \$15,995



Volkswagen Jetta
Base price: \$15,995

SAFETY

Volvo declares war on traffic accident fatalities

Lex Kerssemakers, the head of Volvo's operations in the United States, said that the only acceptable number of road traffic deaths is “zero.” Addressing the crowds on the opening day of the Chicago Auto Show, Kerssemakers outlined Volvo's ambitious aim — Vision 2020 — the goal of which is to ensure no one travelling in a new Volvo is killed or injured in a crash by the end of the decade.

“It is unacceptable that more than 1.2 million people are killed in traffic annually,”



Kerssemakers said.

“Here in the U.S., the figure is approximately 33,000 people. Zero is the only acceptable number for us to work toward.”



Zero is the only acceptable number for us to work toward.

Lex Kerssemakers, Volvo, on the company's goals for Vision 2020

Volvo built its reputation on safety and has been one of the early leaders in the development of semi-autonomous driving systems.

The company sees these

technologies as being crucial to reducing and eventually eliminating deaths caused by road traffic accidents.

The S90 sedan, which is being showcased at the Chicago Auto Show, is the first mass-market car to go on sale in the U.S. with a host of semi-autonomous drive features, including highway navigation, as standard.

But that is just the beginning.

“At the end of 2017 we will have the largest and world's first fleet of 100 autonomous

vehicles in the hands of real customers,” Kerssemakers said, referring to Volvo's multi-year autonomous driving technology project — Drive Me — currently underway in Gothenburg, Sweden.

“It will allow real customer feedback to help develop the first AD cars available to a wider audience. It will also assist authorities to understand how legislation, infrastructure planning and other societal elements will need to develop.”

AFP

IN BRIEF

Ford plans new SUVs, which cross generation gap

Projected demand for rugged off-roaders and crossovers among millennial and boomer drivers means Ford aims to launch four new SUVs over the next four years. Ford's latest research shows that for millennials, the SUV style appeals more than any other and when younger drivers think about starting a family, they start holding the concept of the SUV in much higher esteem. AFP



"There's no big mystery or anything like that ... find a formula that works, and stick with it": David West on the Spurs' decades-spanning success



The Jets' Joel Armia, left, and Michal Jordan of the Hurricanes fall to the ice on Tuesday night in Raleigh, N.C. KARL B. DEBLAKER/THE ASSOCIATED PRESS

Kane issues apology

Buffalo Sabres forward Evander Kane apologized Tuesday for missing a team practice a day earlier, adding he takes "full accountability" for his actions.

Kane, 24, attended the NBA all-star game in Toronto on Sunday night and missed Monday's practice after sleeping in. The team suspended him from Tuesday night's game in Ottawa for breaking a team rule.

"I want to apologize to my teammates, the (team owner) Pegula family as well, and obviously our coaching staff and general manager," Kane said. "It's something that should have never happened and it's something that I can promise you won't happen again, and it's something that I'm definitely going to learn from."

The former Winnipeg Jet added he was "extremely disappointed" that he let his teammates down. He's hopeful that he'll be back in the lineup for Friday's road game against the Columbus Blue Jackets.

"I know Evander addressed his teammates yesterday when we got in to Ottawa," said head coach Dan Bylsma. "Evander broke a team rule and he's suffering the consequences of that and that's the way we're going to deal with it." THE CANADIAN PRESS

16

Kane has 16 goals and eight assists this season.

Jets felled by Hurricanes

NHL

Winnipeg has its four-game road winning streak snapped

Jordan Staal and Riley Nash scored power-play goals, and the Carolina Hurricanes earned a 2-1 victory over the Winnipeg Jets on Tuesday night.

The Hurricanes swept the season series. Carolina won 5-3 at Winnipeg on Feb. 5.

TUESDAY In Raleigh

2	1
CANES	JETS

The win snapped Winnipeg's four-game road winning streak. The Jets had not lost on the road since Jan. 7 against Dallas. Winnipeg had won in its previous five trips to Raleigh.

Eddie Lack made 20 saves for Carolina, facing eight shots through the first 44-1/2 minutes.

Carolina outshot Winnipeg 29-21, including 25-8 at one point early in the third period. Ondrej Pavelec made 27 saves for Winnipeg.

Carolina, 8-1-3 in its past 12 home games, killed off three first-period penalties and four overall to help Lack improve to 5-2 lifetime against Winnipeg.

The Hurricanes played their third game without all-star defenceman Justin Faulk and their first full game without starting goalie Cam Ward. Ward left with an injury in the second period of Saturday's win over the New

+ POWER-LESS

Carolina took three first-period penalties but Winnipeg's third-worst power play failed to take advantage.

York Islanders, and Lack took his place in net.

Blake Wheeler scored for Winnipeg with 13:08 remaining, getting credit for a deflection of Jacob Trouba's drive.

Jordan Staal gave Carolina the

lead at 10:33 of the first with his 13th goal of the season. On a power play, he gathered a deflection to the left of the net and backhanded a bouncing puck over Pavelec, off the goalie's right leg and into the net.

The goal tied Staal for the team lead in points.

Nash scored on a play similar to Staal's goal, tapping in a deflection in front of Pavelec on a power play midway through the second period.

Elias Lindholm assisted on both goals for Carolina.

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IN BRIEF

Commissioner Goodell earned \$34M in 2014

NFL commissioner Roger Goodell earned just over \$34 million US for 2014, according to the league's tax filing released Tuesday.

That total is down from 2013 (\$35 million) and 2012, when Goodell collected \$44.2 million. The payments for 2014 — a difficult season for the league and the commissioner included a \$26.5-million bonus.

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Pistons trade for forward Harris in push for playoffs

With a playoff spot within reach this year, the Detroit Pistons made a trade they hope will benefit them both now and in the future.

The Pistons acquired forward Tobias Harris from Orlando on Tuesday in a deal that sent guard Brandon Jennings and forward Ersan Ilyasova to the Magic. The 23-year-old Harris gives Detroit an athletic young player who signed a \$64 million, four-year deal last summer. THE ASSOCIATED PRESS

Cavani strikes to earn PSG first-leg edge over Chelsea

Edinson Cavani came off the bench to score the winner as Paris Saint-Germain beat Chelsea 2-1 in a pulsating first leg in the last 16 of the Champions League on Tuesday.

Cavani slotted through the legs of goalkeeper Thibaut Courtois in the 78th minute. Zlatan Ibrahimovic put PSG ahead with a powerful free-kick in the 39th minute, only for Chelsea to level before halftime through John Obi Mikel. THE ASSOCIATED PRESS

New England Patriots' Mayo retires via Instagram post

New England Patriots linebacker Jerod Mayo says he is going to retire.

Mayo posted a 90-word statement on Instagram on Tuesday with the caption "Retiring a Patriot." The 29-year-old former first-round draft pick said being a member of the Patriots for eight years was a "life-changing event."

THE ASSOCIATED PRESS

Campbell faces third UFC test vs. Krause

MMA

Edmontonian credits B.C. gym for improving fighting style

Shane 'Shaolin' Campbell has trained with former UFC featherweight champion Jose Aldo at his renowned Nova Uniao gym in Brazil as well as at Kings MMA and Team Alpha Male in the U.S. and Montreal's Tristar Gym.

But the 29-year-old lightweight from St. Catharines, Ont., found a home at David Lea's Toshido MMA in Kelowna, B.C. — the gym that sent Rory MacDonald to the UFC.

"At the time I was living in Edmonton and I made the decision to not spend another winter there," said Campbell.

"And David Lea brought me down to spar (with) Matt Dwyer for I believe his first UFC fight," he added. "After seeing how David Lea coached and the connection we made, I chose to move here."

On Sunday, Campbell (12-3-0) steps into the cage for his third UFC fight when he takes on American James Krause (22-7-0) on a televised card in Pittsburgh. Donald Cerrone, moving up to welterweight, faces Alex Oliveira in the main event at Pittsburgh's Consol Energy Center. The card also features Kelowna bantamweight Sarah Moras, another Toshido MMA fighter, and welterweight Alex Garcia, a Dominican who fights out of Montreal.

For the six-foot Campbell, who cuts from around 185 pounds to fight at 155, it's a rare outing against a taller opponent. The 29-year-old Krause,



Canada's John Makdessi, left, drops fellow Canuck **Shane 'Shaolin' Campbell** during their UFC 186. Campbell will be aiming to do better against James Krause. THE CANADIAN PRESS/GRAHAM HUGHES

a submission expert whose UFC record is 3-3-0, is six foot two.

Campbell's move to Kelowna came just before his World Series of Fighting victory over Derek Boyle in February 2015. Campbell won in spectacular fashion, hurting Boyle with a body kick and then pausing to throw a Hadouken at him — a move from the Street Fighter video game in which the character thrust his palms forward to send a surge of spirit energy flying towards his opponent.

The video of the fight, which

Campbell won by third-round TKO, has been viewed more than one million times on YouTube.

"I use it to hurt them," Campbell said somewhat mysteriously about the video game move.

The former Muay Thai world champion graduated to the UFC next time, as an injury replacement on short notice

against fellow Canadian John "The Bull" Makdessi at UFC 186 in Montreal last April. Campbell was stopped with seven seconds left in the first round but not be-

fore punishing Makdessi's legs with a string of kicks.

Campbell won next time out, via unanimous decision over former Jungle Fight champion Elias Silverio last August in Saskatoon. While this marks his first UFC fight outside of Canada, Campbell is no stranger to travelling the world. As a kickboxer, he competed in the U.S., China, Thailand, Hong Kong, the Netherlands and Belarus.

He got into combat sports via a friend who was training at Iron Tiger Muay Thai in Stoney Creek, Ont. Campbell joined him twice a week — "I was doing nothing else with my time when I was 16."

Campbell teaches at Toshido when not fighting these days.

THE CANADIAN PRESS

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UFC

Rousey considered suicide after Holm loss

Ronda Rousey says she had dark thoughts after she lost her bantamweight title to Holly Holm in Australia last year, her first defeat since joining UFC.

"Honestly, my thought in the medical room, I was sitting in the corner and was like, 'What am I anymore if I'm not this?'"

Rousey said Tuesday during an appearance on The Ellen DeGeneres Show. "Literally sitting there thinking about killing myself. In that exact second, I'm like: 'I'm

nothing. What do I do anymore?'"

Rousey won her first 12 mixed martial arts fights — eight of them in less than a minute — before stepping into the cage against Holm in Melbourne last November. Holm finished her off with a devastating kick to the head.

Rousey told DeGeneres that she wants to be the one to beat Holm, who will make her first title defence against Miesha Tate next month.

THE ASSOCIATED PRESS



Ronda Rousey after her loss to Holly Holm. GETTY IMAGES

RECIPE Slow Cooker Beef Chili



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Can you think of anything better than returning home to a bowl of slow-cooked deliciousness?

Ready in
Prep time: 10 minutes
Total time: 8 hours, 10 minutes
Makes 4 to 6 servings

Ingredients

- 1 lb ground beef
- 2 cloves garlic, minced
- 1 onion, diced
- 1 carrot, diced
- 1 celery stick, diced
- 1 can diced tomatoes (14 oz)
- 1 can chickpeas (14 oz)

- 1 can tomato paste (5.5 oz)
- 1 Tbsp chili powder
- 1 tsp dried oregano
- 1 tsp Worcestershire sauce
- 1 tsp salt
- 1/2 tsp pepper
- 1/4 tsp dried mustard
- 1/4 tsp cinnamon
- Chopped green onion for garnish

Directions

1. Place ground beef in your slow cooker and break it up with a wooden spoon. Add the rest of the ingredients and give the whole thing a big stir to blend.
2. Cook on low for 8 hours. Serve with some chopped green onion for garnish.

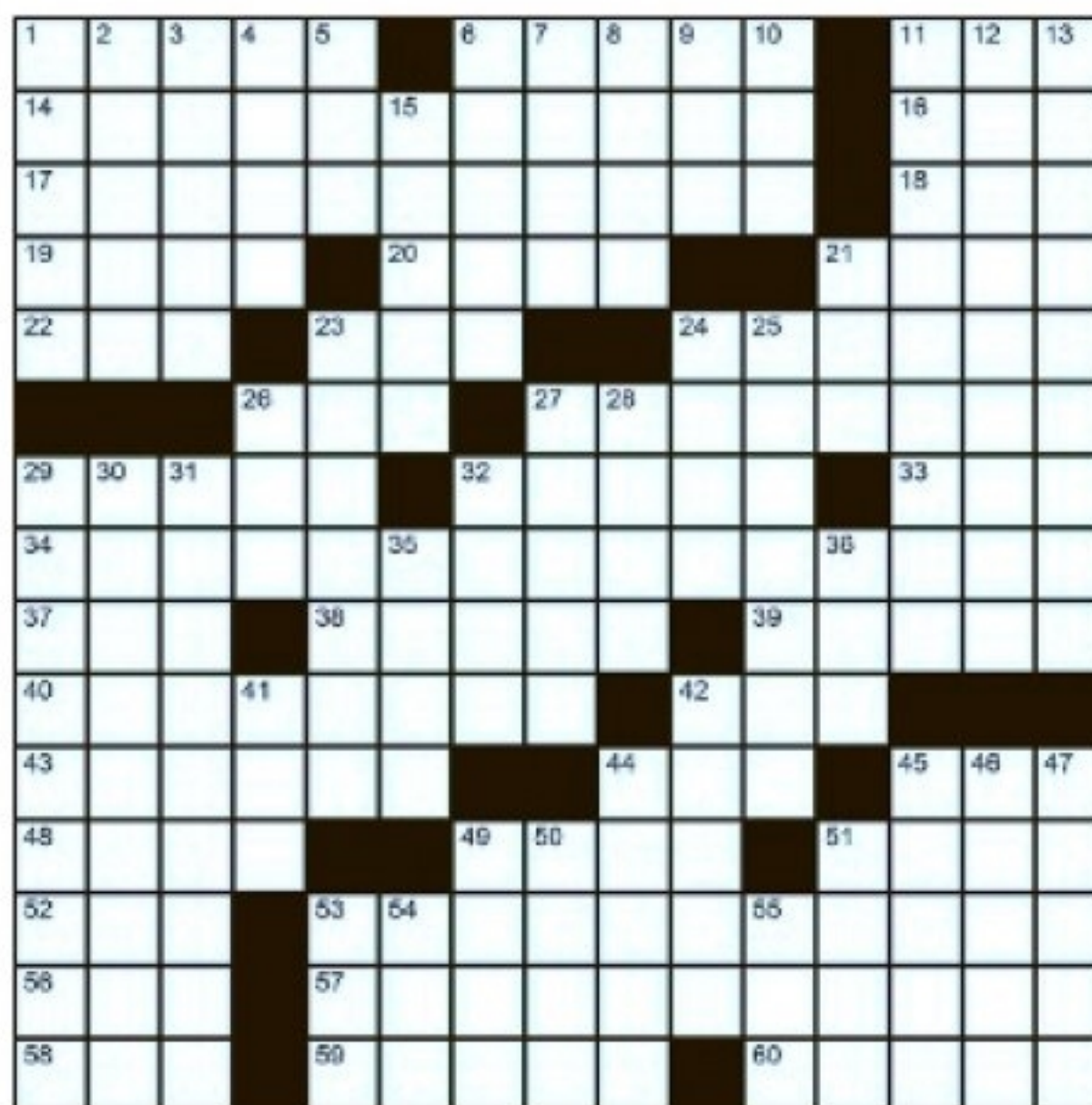
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Contrue
6. Bloodhound's "bait"
11. Mil. rank
14. Five star accommodation: 2 wds.
16. The Altar constellation
17. Sobey's private food brand
18. Name: French
19. "Misty" bit: "..._ _ helpless as a kitten up a tree..."
20. Hawaiian coffee
21. Free pass, fun-style
22. Canada's money [abbr.]
23. Vintage auto
24. Aphrodite's beau
26. Diced tomatoes = Tomatoes en _
27. Reprimand
29. _ salts
32. "Wide World of Sports" hosting legend Jim
33. Aunt, in Italy
34. Camelot, Sir Lancelot and a whole lot more: 2 wds.
37. View
38. Upbeat dance, _ Hop
39. Prod
40. They say it's just these Sgt. Joe Friday is interested in: 2 wds.
42. Heavy wts.
43. Emulate: 2 wds.
44. 17th letter spelling
45. Nova Scotia hrs.
48. South Dakota dam
49. Egg warmers



51. Texter's "The way I see it..."
52. Driver's 4x4, commonly
53. Ryan Gosling, when he co-starred with Britney, Christina and Justin
56. PBS fund-

- ing org.
57. 1970s cowboy decorations
58. Stuck keyboard letter here
59. Locales
60. "There is no _ what we can do together." - Paul

McCartney

DOWN

1. Charlton Heston/Sophia Loren movie: 2 wds.
2. Il _ (Cathedral in Florence, Italy)
3. Maya archaeo-

- logical site in Mexican state Yucatan
4. Baking amounts
5. Schubert's The _-King
6. Li'l Abner creature
7. Filmmakers Joel or Ethan

8. Sicily volcano
9. Earnings
10. Motley Crue drummer ...his initials-shares
11. Sainted
12. Favourable
13. Wild house party "hat"
15. "Frightful!"
21. Debating side
23. Dan Aykroyd's character Beldar is from what planet?
24. Lawyer Ms. Clooney
25. Woman who has gained respect in her field
26. Play- _
27. Mil. schools
28. Lettered label
29. Headed for The Maritimes
30. Warmed the oven beforehand
31. British Columbia: Migratory rainbow/trout
32. Certain candy
35. Pasta alternative
36. Mr. Van Sant
41. "Yuck!"
42. Elephant weapons
44. Body bendees
45. Rectify
46. Paper piece
47. Body
49. Eight: French
50. Anglo-Saxon toilet
51. Triumph's "Lay _ _ the Line"
53. Married title
54. "..._ _ get it now!" (Aha!)
55. French season

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You have learned a lot in recent weeks and now you must start to apply it, even if it means the kind of upheavals you usually try to avoid.

Taurus April 21 - May 21
Look for compromise solutions, instead of making more enemies. The planets warn if you insist on getting your own way it will cause unnecessary ill feeling and more problems than it manages to solve.

Gemini May 22 - June 21
Some people talk for the sake of talking but you're not one of them, are you? Cut short meaningless gossip and focus only on what is of genuine importance. Don't worry if you hurt others' feelings.

Cancer June 22 - July 23
What happens next should ease your money troubles. Your luck is about to turn but make sure you are the one who gets the benefits.

Leo July 24 - Aug. 23
You'll learn something today that will help you make sense of what up until now has seemed largely irrational. For best results, be open to new possibilities and believe that there is meaning behind everything.

Virgo Aug. 24 - Sept. 23
Face up to aspects of your personality that you usually keep well hidden, even from yourself. Be honest with yourself about some of your more negative thoughts — then find ways to transform them into positives.

Libra Sept. 24 - Oct. 23
If you don't like the situation you find yourself in then change it. You are not now, nor have you ever been, a victim, so stop complaining that life is unfair and do something about it.

Scorpio Oct. 24 - Nov. 22
The choices you make over the next 48 hours will be crucial as far as your work is concerned, so think and then act. Decide what your number one priority is and focus on that.

Sagittarius Nov. 23 - Dec. 21
If you do nothing else today at least aim high, both at home and at work, because there is no limit to how much can be accomplished. A little bit of self-belief will go a long way. Think how far a lot might take you!

Capricorn Dec. 22 - Jan. 20
Get your cashflow situation in order. With Venus moving in your favour it shouldn't be hard. If you need help, don't be afraid to ask for it. You won't be refused.

Aquarius Jan. 21 - Feb. 19
A dispute will break out today but you have been through this before, so don't worry. The situation may be different but the emotions are the same. That's good: it means you won't make the same mistakes twice.

Pisces Feb. 20 - March 20
Let where you are going, rather than where you are coming from, be your guide. The choices you make will influence your life for months to come, so make them wisely.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



YESTERDAY'S ANSWERS

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